

Every Believer is a Steward

Sisters in Fellowship 2/6/2021

Scripture citations are NKJV unless stated otherwise.

1 If You Are a Believer, Your Body DOES NOT Belong to You.

1 Corinthians 6:19 NKJV

Or do you not know that **your body is the temple of the Holy Spirit** who is in you, whom you have from God, and **you are not your own**? 20 For **you were bought at a price**; therefore, glorify God in your body and in your spirit, which are God's.

2 Corinthians 6:16 NKJV

And what agreement has the temple of God with idols? For **you are the temple of the living God**. As God has said:

"I will dwell in them
And walk among them.
I will be their God,
And they shall be **My people**."

1 Corinthians 3:17 NKJV

If anyone defiles the temple of God, God will destroy him. **For the temple of God is holy, which temple you are.**

2 Your body is a precious asset, a luxury vehicle in which your spirit dwells.

Psalms 139:14 NKJV

I will praise You, for I am **fearfully and wonderfully made**;
Marvelous are Your works,
And that my soul knows very well.

Ephesians 2:10 NKJV

For **we are His workmanship**, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Luke 12:7 NKJV

But **the very hairs of your head are all numbered**. Do not fear therefore; you are of more value than many sparrows.

3 You are responsible and accountable for a precious asset; therefore, you are a steward.

A **good steward safeguards** the precious assets of another person.

An **excellent steward increases the value** of the precious assets of another person.

Parable of the talents in Matthew 25:14-30

- **God expects a return on His investment.**

4 Good health depends in large part on good stewardship.

Some health conditions occur because of certain genes being passed down from generation to generation.

Bad habits are also passed down from generation to generation.

***Bad habits are poor choices made repeatedly.**

Bad habits contribute to **bad health**.

5 A steward is Responsible and Accountable for their choices.

You are **Responsible and Accountable** for the care and feeding of the body you occupy, which means you are **Responsible and Accountable** for **your choices**.

Deuteronomy 30:19 NKJV

I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore, **choose life**, that both you and your descendants may live; ...

Daniel 1:1-16 NKJV

When Daniel, Shadrach, Meshach and Abednego were held in captivity in Babylon, they chose not to eat the food offered to them. They chose to eat vegetables and water.

After ten days, the four Hebrew boys were **healthier** than the other young men.

Colossians 3:23-24 NKJV

23 And **whatever you do, do it heartily, as to the Lord** and not to men,
24 knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.

6 Poor stewards make poor choices. Good stewards make good choices.

1 Corinthians 4:2 NKJV

Moreover **it is required in stewards that one be found faithful.**

A faithful steward does not neglect or vandalize the precious assets entrusted to them.

Poor choices result in **neglect** of precious assets.

- Neglect is **failure to prevent harm**.
 - Poor food choices.
 - Choosing to be sedentary instead of physically active.

Even worse, **poor choices** can result in **vandalism** of precious assets.

- **Vandalism** is deliberate destruction of another person's property
- **Smoking cigarettes** is a prime example of vandalizing the temple of Holy Spirit, the temple of the living God.

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Nutrition Points to Remember

1. Calories count.
2. Carbohydrates are critical.
3. Proteins are powerful.
4. Fats have a function.
5. Fiber is fabulous.
6. Minerals are marvelous.
7. Vitamins are valuable.
8. Water is wonderful.